

Resource	Website	Region(s) Served	Address Phone Number	Assistance Type	Notes
211 - Answer Please	http://answersplease.dc.gov/	District of Columbia	64 New York Avenue, NE, 6th Floor, WDC 20002 Phone: (202) 671-4200 Fax: (202) 671-4326	Numerous resources in the DC area	24/7 access to social, health and other services
Awider Circle	http://awidercircle.org/	District of Columbia	9159 Brookville Rd, Silver Spring, MD 20910 Phone: (301) 608-3504	Food Program/ Food/ Social Services	Food pantry, Emergency Financial assistance, seasonal services, furniture
Bread for the City	https://breadforthecity.org	District of Columbia	1640 Good Hope Rd. SE 202-561-8587	Food Program/ Food/ Social Services	Food pantry, Emergency Financial assistance, seasonal services,
Catholic Charities	https://www.catholiccharitiesdc.org/	District of Columbia		Health / Medical; Food / Meals; Housing	Food pantry, Emergency Financial assistance, seasonal services,
Center of Disease Control (CDC)	https://www.cdc.gov/	ALL STATES		Information for COVID-19	Provide rapidly evolving situation and CDC will provide updated information and guidance as it becomes available.
Centers for Disease Control and Prevention (CDC)	https://www.cdc.gov/coronavirus/2019-nCoV/	District of Columbia	800-232-4636	Health / Medical	Major operating component of the Department of Health and Human services. Works 24/7 to protect America from health, safety and security concerns.
DC AREA FOOD BANKS	https://www.capitalareafoodbank.org/	District of Columbia	4900 Puerto Rico Avenue, NE Washington, DC 20017 P: (202) 644-9800 F: (202) 529-1767	Food / Meals	Works with 450 local partners, we're providing the food people need to thrive today.
DC Hunger Solutions	https://www.dchunger.org/get-help/	District of Columbia			
DC Library	https://www.dclibrary.org/distancelearning	District of Columbia	ON-line	Distance Learning Resources	Provides educational resources for families.
DC Public Schools		District of Columbia			
Department of Aging	https://dcoa.dc.gov	District of Columbia	(202) 724-5626	FOOD Delivery for Seniors	The Department of Aging and Community Living's hotline is operational, and seniors who need information or assistance The call center will conduct a quick assessment and connect you to the appropriate service. <u>Meal Delivery for Seniors</u>
Department of Labor	https://www.dol.gov	District of Columbia		Federal Family and Medical Leave Act (FMLA)	Employers are required to give eligible FMLA workers up to 12 weeks of job-protected (but not necessarily paid) leave if they are sick, including complications from the flu or similar illness and/or if they need to care for an immediate family member (children, spouse, parents) who are ill.
Department of Public Health	https://dchealth.dc.gov	District of Columbia	Address: 899 N Capitol St NE, Washington, DC 20002		
District of Columbia Housing Authority	dchousing.org		North Capitol St. NE 202-535-1000	Housing resources	Housing Authority
Far Southeast Family Strengthening Collaborative	www.fsfc.org	District of Columbia	Address: 2041 Martin Luther King Jr Ave SE, Washington, DC 20020	Case Management	Community Service/Non-Profit Contact Person Gwen
Free Internet	https://connect.dc.gov/	District of Columbia		Provides Free internet for 2 mos and 9.95 after	Allow residents to connect the to internet for free or at a low cost.
Instacart – Groceries Delivered	https://www.instacart.com/	District of Columbia		Food / Meals	Home delivery of online grocery orders. First delivery is free. 5% service fee for orders. Minimum fee is \$2.
Internet Essentials	https://internetessentials/.com/covid	District of Columbia			
Meals on Wheels				Food / Meals	Please visit the website or call to reach out to your local Meals on Wheels service.
Mental Health Manage Anxiety & Stress	https://www.nimh.nih.gov/index.shtml	District of Columbia			
WMATA	https://wmata.com	District of Columbia	Download App	Transportation	The Washington Metro, formally the Metrorail, is a rapid transit system serving the Washington metropolitan area of the United States.
Women Children & Infant	http://dcwic.org/covid-19	District of Columbia		Public health, Healthy Mother and Babies, WIC	